

WHEN IS SICK TOO SICK FOR CHILDCARE?



Send me to childcare if...

I have a runny nose or a mild cough, but no other symptoms and can participate in childcare activities.

I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.

I haven't thrown up or had any diarrhea for 24 hours and didn't need medicine.



Keep me at home if...

I have a temperature higher than 37.5 degrees.

I have been throwing up or have had diarrhea in the last 24 hours.

My eyes are red and painful with discharge that keeps coming back during the day.

I have been having body aches, fatigue, or frequent headaches.

I have a sore throat with a fever.

I have a harsh cough and don't feel able to participate in school activities.

I have an undiagnosed rash.



Follow up with my Health Care Provider if...

I have had a temperature of higher than 37.5 degrees for more than 2 days.

I have had a sore throat and fever for several days. I've been throwing up or have diarrhea for more than two days.

I've had a cough for more than a week, and it isn't getting better.

I have had a fever and now have a rash.